AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

- 1. (Currently Amended) A piston ring for use with a piston in a reciprocable compressor, the piston ring comprised of a self-lubricating plastics material composed of a wear-resistant polymer matrix in which are dispersed microcapsules containing a lubricating agent, wherein the polymer matrix is selected from one or more of a group consisting of polyketones, polybutadiene-sytrene and polytetrafluoroethylene and wherein said microcapsules comprise a shell of polyoxymethylene urea (PMU).
 - 2. (Canceled)
- 3. (Previously Presented) The piston ring according to claim 1, wherein said polyketone is an aromatic polyketone.
- 4. (Previously Presented) The piston ring according to claim 3, wherein said aromatic polyketone is polyetherether ketone (PEEK).
 - 5-6. (Canceled)
- 7. (Previously Presented) The piston ring according to claim 1, wherein said microcapsules have an average diameter of between 5 and 500 μ .
- 8. (Previously Presented) The piston ring according to claim 1, wherein said microcapsules are dispersed in said polymer matrix in a ratio by weight of between 2 and 30 wt.
 %.
- 9. (Previously Presented) The piston ring according to claim 1, wherein said lubricant incorporated in the microcapsules is an oil which is low in acidity.

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- 10. (Previously Presented) The piston ring according to claim 1, wherein said lubricant is a fluid lubricant which has a viscosity within the range between 20 and 250 cSt at 40°C.
- 11. (Previously Presented) The piston ring according to claim 1, wherein said lubricant further comprises an additive or filler to increase mechanical strength or thermal conductivity.
- 12. (Previously Presented) The piston ring according to claim 11, wherein said additive is a microelement selected from the group consisting of zinc, boron and mixtures thereof.
 - 13-17. (Canceled)
- 18. (Currently Amended) A method for reducing the friction or wear of adjacent sliding elements in motion, in which one of the sliding elements comprises a piston ring formed with self-lubricating material, the method comprising forming the piston ring from a wear-resistant polymer matrix in which are dispersed microcapsules containing a lubricating agent, wherein the polymer matrix is selected from a group consisting of one or more of polyketones, polybutadiene-sytrene and polytetrafluoroethylene, and wherein said microcapsules comprise a shell of polyoxymethylene urea (PMU).
 - 19. (Canceled)